Pecan Crusted Chicken

Prep Time: 10 minutes Cook Time: 30 minutes Total Time: 40 minutes Serves: 4 people

Ingredients

- 1 lb boneless, skinless chicken cut into strips
- 1 ½ cups Pecans
- 1 ½ T fresh rosemary chopped
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ½ teaspoon salt
- 1 egg
- 1 T almond milk

Instructions

1. Preheat oven to 400 degrees
2. Line a cookie sheet with parchment paper
3. In a food processor, pulse pecans, rosemary, and dried spices until they are a finely ground texture. Be careful not to over pulse. Set pecan mixture aside in a bowl.
4. In a separate bowl whisk together egg and milk.
5. Take chicken breasts, coat in egg mixture, then immediately coat in pecan crust mixture.
6. Place chicken on parchment paper
7. Bake 30 minutes, flipping halfway through.

Substitutions for this recipe:

Nuts: You can sub walnuts or cashews for pecans

Rosemary: You can omit rosemary if you prefer, or sub in thyme

Nutrition Facts

Serving: 5.5oz | Calories: 425kcal | Carbohydrates: 5g | Protein: 37g | Fat: 29g | Saturated Fat: 3g | Cholesterol: 151mg | Sodium: 584mg | Potassium: 721mg | Fiber: 3g | Sugar: 1g | Vitamin A: 170IU | Vitamin C: 2.4mg | Calcium: 42mg | Iron: 1.7mg